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# **Introduction: What are Smoothies and How Do You Make One**



Welcome to this introductory report on Green Smoothies, Let's dive right into the deep end...what exactly is a smoothie?

## **Green Smoothies Revealed – An Introductory Report**

A smoothie is a thick beverage blend of different vegetables and fruits. Green smoothies use green vegetables such as spinach, celery cucumbers, green apples, etc.

The beauty of a smoothie is that you get many different nutrients, vitamins, minerals and antioxidants at one go. With the correct recipe, your smoothie will not only be healthy, but it will also be tasty. Many people believe that healthy food and tasty food cannot be reconciled. This is false. You can make a healthy and tasty smoothie.

Unlike normal smoothies, you will not be using yoghurt or milk to make your smoothie. The key here is to keep things natural. Many of the latest studies also show that milk and dairy products are not as beneficial as they were purported to be in the past. In fact, most are detrimental to one's health.

Since the goal here is to keep things raw and natural, the best way to make a smoothie will be to use chilled vegetables and fruit.

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It has been shown that smoothies taste better when they are cold. It is better to use cold ingredients rather than to make a smoothie with vegetables at room temperature and chill it later on.

You will need good blender too. You can get one from your nearest appliance store or you could buy it online from Amazon (which goes without saying, do your research online first and make an informed decision as we all have different needs and budgets).

Add 2 or 3 cups of your green vegetables into the blender. Add 1 cup of water and if you have a sweet tooth, you can add some apple juice or pineapple juice to the mix. Turn on the blender/smoothie maker till you have a thick blend.

Congrats! You have a smoothie that's good to go.



## Benefits of Drinking Green Smoothies

Now we've discovered what green smoothies are and that they are smoothies are excellent for one's health, let's look at how they actually help you get healthier and stronger.

- **Increased energy**

While you may not notice a change overnight, as you consume green smoothies over a period of 2 or 3 weeks, you'll notice that you have more energy and a better outlook in general. You will have more vitality and zest for life. You won't be able to explain

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why... but rest assured that the green smoothies are making a difference.

To achieve this, it's best to consume the smoothies on an empty stomach. Another good time to drink these smoothies is after an exercise session when your body is craving nutrients.

- **Aids in weight loss**

As mentioned earlier, Joe Cross lost almost 100 pounds from a juice fast. It may make many people panic when they think of not eating food and merely drinking smoothies. They fear starving or becoming under-nourished.

This is a huge fallacy. Our bodies require nutrients from food. That is true. However, there is a severe dearth of good nutrients in the food we consume these days. That is why people never feel satiated and constantly keep eating.

The food they're eating is high in processed ingredients, additives, etc. While it may fill the stomach, these are empty



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calories that lack the nutrients the body needs. As a result, the body craves more food to compensate for the lack of ingredients. So, people eat more, get obese and stay unhealthy.

Green smoothies are packed with micronutrients that the body craves. You would be surprised to learn that a single glass of green vegetable juice, full of good nutrients that the body craves, is more beneficial than an entire meal at a swanky restaurant.

- **They Combat and Prevent Illness**

This is pretty straightforward. Right from young, parents have told their children to eat their greens. Everyone knows that vegetables are essential for good health and for strengthening your immune system. Prevention is better than cure.

- **They Contain Healing Properties, Prevent Acne and Aid in Detoxification**

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Green smoothies contain essential vitamins, minerals and nutrients that encourage quick healing. This is one reason why bodybuilders consume greens products. They usually take supplements in tablet form. Drinking green smoothies is much more beneficial than popping greens supplement tablets.

Acne sufferers, especially teenagers notice that their acne problems tend to diminish when consuming green juices. Since the greens are rich in vitamin A, sulphur, vitamin k, vitamin c, etc. the body's immune system is stronger and is able to combat health issues such as acne or even yeast infections effectively.

Detoxification is another fantastic benefit of green juices. The food we eat, water we drink and even the air we breathe is often filled with toxins. Green smoothies will help the body detoxify itself more effectively.

### **Other benefits:**

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- They are easily digested and the body is able to quickly assimilate the essential nutrients.
- The smoothies are rich in fiber and help maintain a healthy digestive system.
- They can be delicious once you get used to them. The mix of fruits and vegetables can be tasty. You're consuming a very tasty 'medicine' for your body.
- If you struggle to eat vegetables, green smoothies are a very convenient replacement. This applies to kids who hate eating vegetables. It is much easier to gulp down a green smoothie instead of gnawing on Brussels sprouts like a hamster at the dinner table. They are just as healthy too. The smoothies, not the hamster.
- Green smoothies help to maintain a healthy cholesterol level in the body.

As you can see, you have nothing to lose and everything to gain by drinking green smoothies often.



## 7 Healthy and Yummy Smoothie Recipes

The best time to drink a smoothie will be upon waking. The second best time to drink a smoothie will be after a workout session. Do make regular exercise a part of your lifestyle and finish it off with a tall, cold glass of green juice.

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If you can't drink your smoothies during these times, then any other time will do just fine. What really matters is that you are making and drinking the green smoothies. Implementation is half the battle won. You do not have to be perfect when you start. Just start and then aim to improve as you progress.

Below, you will find 7 green smoothie recipes. All recipes serve 1 person. You can drink them at any time of the day. These are tasty, nutritious recipes. Make sure you're not allergic to any of the ingredients before making them.

## **Recipe 1: Orange Spinach Surprise**

Ingredients:

- 1 peeled orange
- 1/2 peeled banana
- 1 cup spinach
- 1/2 cup water
- 1 tsp flaxseed
- Ice cubes

Directions:

Add all the ingredients into the blender and ice cubes as required. Blend till you get the desired consistency. Pour into a glass and drink away.

## **Recipe 2: Green Avocado Smoothie**

Ingredients:

- 1/2 cup pineapple chunks
- 1/2 avocado, diced
- 1 cup (2 handfuls) fresh spinach

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- 1/2 cup coconut water
- 1 tablespoon hemp seeds
- 1 frozen, sliced banana

Directions:

Blend all the ingredients to desired consistency and serve chilled

### **Recipe 3: Green Detox Smoothie**

Ingredients:

- 1 cup organic kale
- 1/2 cup parsley
- 1 cup cucumber
- 1/2 cup pineapple
- 1 lemon
- 1/2 avocado
- 1 cup unsweetened green tea
- 1 tablespoon fresh grated ginger

Directions:

Squeeze the juice from the lemon into the blender.

Add the rest of the ingredients and blend to desired consistency

### **Recipe 4: Romaine Lettuce Smoothie**

#### **Ingredients**

- 1 cup water
- 1 chopped apple
- 1 cup organic, chopped romaine lettuce
- 1/2 cup spinach
- 1/2 cup chopped celery
- 1/2 frozen, sliced banana
- 1 chopped pear

#### **Directions:**

Add lettuce, spinach and water and blend till you get a smooth mix. Add rest of the ingredients except the banana into blender.

Blend till required consistency. Add in banana and blend till the beverage is smooth. Pour and drink.



## **Recipe 5: Kale Kissed by Ginger Smoothie**

Ingredients:

- 2 large kale leaves
- 1/2 bunch of parsley
- 1/2 cup cucumber
- 1/2 cup pineapple chunks
- 1/2 apple
- 1 cup celery
- 1/2 cup water
- 1 tablespoons grated ginger

Directions:

Place all ingredients into blender and blend till desired consistency.

## **Recipe 6: Kool Kiwi Spinach Smoothie**

Ingredients:

- 1 cup spinach
- 1 cup strawberries

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- 1 cup cucumber
- 1 tsp hemp seeds (optional)
- 1 sliced, frozen banana
- 1 cup kiwi fruit
- 1 cup water

Directions:

Add all ingredients into blender and blend to desired consistency.  
Best served chilled.

## **Recipe 7: Tropical Smoothie Dream**

Ingredients:

- 1/2 cup parsley
- 1/2 cup cucumber
- 1/2 banana sliced & frozen
- 1 stalks celery
- 1 cup pineapple chunks
- 1/2 cup peaches
- 1/2 tsp grated ginger
- 1 cup coconut water cucumber

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Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chilled.

The benefits of green smoothies are many. By now, you should be fully aware that you'd be doing yourself a disservice by not drinking them. Like Hippocrates said, "Let food be thy medicine and medicine be thy food." Green smoothies are your medicine.

It may take a while to develop the habit... but persist anyway. The green smoothie lifestyle is definitely something you want to have. The rewards are great.

"We first make our habits. Then our habits make us." – **John Dryden**